

INSIDE

Policy changes aim for predictability



## Car seat safe?

One inspector at Tripler finds that 90 percent of the car seats she checks have at least one safety discrepancy. Are your keiki safe?

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## Commissary close

The Schofield Barracks Commissary will close early Monday, April 23 to conduct inventory. The store will be open from 8 a.m.–2:30 p.m. Call 655-5066 for more information.

## Prayer luncheon

8th Theater Sustainment Command will host a prayer luncheon Tuesday, April 24, from 11:30 a.m.–1p.m. at the Schofield Nehelani. Call 655-6591 for more details.



## Building leaders

More than 300 JROTC cadets from 21 high schools across the state match wit and grit at the Waianae Adventure Challenge

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JIM GARAMONE  
American Forces Press Service

WASHINGTON – The policy change extending Army deployments is an attempt to provide some long-term predictability for Soldiers and their families on the length of deployments and how long the Soldiers will be home, Defense Secretary Robert M. Gates said during a briefing, April 11.

Gates and Chairman of the Joint Chiefs of Staff Marine Gen. Peter Pace announced that Soldiers will now serve 15-month tours in the U.S. Central Command area, rather than 12 months.

The change applies only to active duty Soldiers. Reserve component Soldiers and Marine, Navy and Air Force personnel are not affected.

Under the change units will deploy for 15 months followed by 12 months at home station.

Gates stressed that the policy change only applies to active duty Army units.

“We remain committed to implementation of the decisions that I made in January that the National Guard and reserve component will be mobilized for a maximum of a year,” he said.

Pace said Soldiers will rise to the challenge. “Is it an additional strain to go from 12 months to 15 months? Of course it is,” Pace said.

“Is it in combat and therefore even more difficult? Of course it is,” he continued. “And that’s why the entire nation should be thankful that we have



Helene C. Stikkel | Department of Defense

Lt. Gen. James J. Lovelace, deputy chief of staff G-3, discusses details of the active-duty troop extensions for Iraq, Afghanistan and Kuwait, April 12.

such incredible young men and women who, knowing that, volunteer to serve this nation in a time of great need.”



Spc. Juan Jimenez | 3rd Infantry Brigade Combat Team Public Affairs

## Patrolling the frontier

SAAB, Iraq — 1st Lt. Brent Martin, platoon leader, Company B, 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, supervises his Soldiers during an escort mission to re-supply the city of Saab with benzene and kerosene after the city’s bridge was damaged by anti-Iraqi Forces.

## AHFH clarifies housing priority policy

ANN WHARTON  
Director of Communications, Army Hawaii Family Housing

A few questions were raised at recent town mall meetings about Army Hawaii Family Housing’s (AHFH) housing assignment policy and priority list, especially with the upcoming redeployment.

“AHFH’s housing assignment policy follows existing guidelines set by the U.S. Army, and our priority list was developed in coordination with the local garrison and included in the ground lease documents, upon AHFH assuming responsibility for Army Hawaii’s residential community,” said AHFH Director of Property Management Janine Lind.

“Policy guidelines are carefully followed by our staff to ensure all Soldiers and their families are treated fairly and are provided a home appropriate to rank and family size,” she said.

To better communicate its policies, AHFH has provided some general questions & answers on the subject and a chart of its housing priority list.

### Home Assignment

**Q:** How are the new and existing homes assigned?

**A:** New homes and existing homes are assigned based on a sequence of priorities established in the AHFH ground lease.

**Q:** What should newly arriving families do in order to be assigned a home?

**A:** A family should send its PCS (permanent change of station) orders to the respective Regional Office as soon as it receives them. The family will be placed on the applicable waiting list with a tentative eligibility date based on its estimated departure date at their current duty station.

Upon arrival, this date will be adjusted to the actual departure date.

**Q:** How does a family residing in an AHFH home get a new home?

**A:** A family residing in an AHFH home is

SEE AHFH, A-5

## DoD clarifies Reserve component mobilization

JIM GARAMONE  
Army News Service

WASHINGTON — National Guard and Army Reserve Soldiers will mobilize and deploy for only one year, despite a new policy stating active Soldiers will deploy for 15-month tours, a top defense official stressed, April 13.

Thomas F. Hall, assistant defense secretary for reserve affairs, reaffirmed that reserve-component Soldiers are not affected by the 15-month tour policy that Defense Secretary Mr. Robert M. Gates announced, April 11.

Meanwhile, four National Guard brigades have been alerted for possible mobilization for duty in Iraq beginning in December 2007. If needed, those brigades will mobilize, deploy and redeploy within one year.

“We have been experiencing 18- to 21-month mobilizations for our Guard and Reserves,” Hall said. “Families and employers told me that they simply could not sustain that.”

Jan. 19, soon after taking office, Gates mandated reserve components would mobilize for one year and then have five years before another mobilization. A second portion of Gates’ decision was that reserve-component units would train and deploy as units.

He said that a compensation package would be developed if units broke their dwell time at home — in other words, if they were mobilized before the five-year home-station period was finished.

About 13,000 Guardsmen from the four units — the 37th Brigade Combat Team, from Ohio; the 76th BCT, from Indiana; the 45th BCT, from Oklahoma; and the 39th BCT, from Arkansas — will mobilize under the new rules. While all these units have been in U.S. Central Command before, for fully two-thirds of the Guardsmen, this will be their first deployment.

Under the program, nine to 10 months before a potential mobilization, DoD officials will alert Guardsmen. “We’re going to get you that time for training; we’re going to get you the equipment ahead of time,” Hall said. This policy will also help reduce stress on the force. About 75,771 reservists are deployed worldwide to support the war on terrorism, Hall said — 120,000 fewer than in 2005.

“We have reduced the number of Guardsmen and reservists on active duty to the equivalent of six Army divisions,” Hall explained. “Now we want to make this more predictable.”

All changes are aimed at preserving the all-volunteer force, Hall said. Through March, overall reserve components are at 101 percent of their recruiting goals.

The Army Reserve is down from its goals, Hall said, but he expects those numbers to climb in the coming months. The National Guard is at more than 106 percent of its recruiting goal.

(Editor’s Note: Jim Garamone writes for the American Forces Press Service.)

## Rear detachment offers support at town hall meeting

Story and Photo by  
MOLLY HAYDEN  
Staff Writer

Strollers lined the aisles of Schofield Barracks’ Sgt. Smith Theater, April 12, for the second town hall meeting in two weeks to discuss the three-month extension of 25th Infantry Division Soldiers. An additional meeting was held the following morning. Secretary of Defense Robert M. Gates announced the extension April 11.

Concerned military families of deployed Soldiers gathered to gain information regarding their loved ones. Jenna Andrews, wife of deployed Soldier Spc. Brain Andrews, 209th Aviation Support Battalion, was among those in attendance.

“I came tonight to find out what is going to happen from here,” she said. “I want to know when they are coming home, or if this is going to happen again. It has been an emotional roller coaster.”

Andrews explained she is taking the news of the extension day by day and encourages others to be involved in the process. She hoped to gain the information she needs to feel secure with her family.

“He’s taking it the hardest,” she said, glancing down at her young son.

Representatives of 14 organizations, including the Army Community Service and the School Liaison Office, de-



Sylvia Scully (left), outreach director of Child Youth Services, talks with family members at the town hall meeting, April 12.

signed to provide support, sat in the front row. A slide show with phone numbers and Web sites to aid support projected on the screen.

Col. Timothy Ryan, 25th ID rear detachment commander, began the meeting addressing the sensitive nature of the issue.

“It takes an emotional event to bring a community to-

gether,” he stated. “We appreciate the emotions in the room. We don’t want to be insensitive.”

Ryan continued by apologizing for the way the notification occurred, explaining a leak at some level of government forced the Army to go forward with the announcement before Soldiers were notified of the extension. Ryan candidly expressed the deployment is official.

“This is happening,” he said. “Most of you understood nine months ago that the potential for the extension existed.”

Ryan explained the standard deployment duration is now 15 months and stressed that such information was “coming from the secretary of defense... There was a deliberate plan to redeploy more Soldiers.” Ryan then addressed concerns of the audience.

Military support organizations gathered to aid families of the extended Soldiers and raise morale. Jenna Gallardo’s husband, Sgt. 1st Class Nicolas Gallardo, was among those extended.

“We need to [communicate] with the command so they can provide us with all the information needed to get through the redeployment,” Gallardo said. “We all need to network and work together to get through.”

SEE MEETING, A-4



## We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 655-4816, or e-mail [editor@hawaiiarmyweekly.com](mailto:editor@hawaiiarmyweekly.com).

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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HAWAII  
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## 157 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a “red dot” on your wristwatch. Remember, two division training holidays will be awarded for 200 consecutive days with no accidental fatalities. Current as of 4/18/07.

# Chief of Staff praises work of Army families

Soldiers, civilians and families of the United States Army, I am extremely proud to be taking charge of an organization that is rightly regarded as the best in the world.

I have watched the men and women of our Army in action for the past several years in the most demanding combat environment. I am proud of the courage, competence and commitment of our Soldiers and civilians both to the ideals that made this country great and to making a difference in our world.

You epitomize what is best about America. You and your families carry a heavy burden in today's war, with a hard road ahead. Your willingness to sacrifice to build a better future for others and to preserve our way of life is a great strength of our nation.

In every generation, when faced with difficult challenges, Americans have risen to the occasion. Today, such heroes fill the Army's ranks. It is your efforts that will make victory possible.

We are locked in a war against a global extremist network that is fixed on defeating the United States and destroying our way of life. This foe will not go away nor will they give up easily, and the next decade will



Cherie A. Thurlby | Army News Service

The Army's new Chief of Staff is Gen.George W. Casey Jr.

likely be one of persistent conflict. We are engaged in a long war.

At stake are the power of our values and our civilization, exemplified by the promise of America, to confront and defeat the menace of extremist terrorists. At stake is whether the authority of those who treasure the rights of free individuals will stand firm against the ruthless and pitiless men who wantonly slay the defenseless.

At stake is whether the future will be framed by the individual freedoms we hold so dear or dominated by a demented form of extremism.

At stake is whether we will continue to expand freedom, opportunity and decency for those who thirst for it, or let fall the darkness of extremism and terror.

We have been at war for over five years, fighting for our freedom, our security and our future as a nation. We have made hard sacrifices. There will be more.

Faced with such a long and difficult struggle, it is useful to remind ourselves that the Army exists to field forces for victory. We are in this war to win. We have fought this way since 1775. We always will.

As Soldiers, we will lead the nation to victory over this enemy. Our combat veterans know well the meaning of “Army Strong.”

They have been “baptized in fire and blood, and they have come out as steel.” That steel endures.

Our Warrior Ethos has it right:

- I will always place the mission first.
- I will never quit.
- I will never accept defeat.
- I will never leave a fallen comrade.

Seldom in our history have Soldiers faced greater challenges. We serve at a time when the stakes for our nation and our way of life are high, and the demands on our force significant.

We will continue to reflect the very best of our nation by defeating the enemies of freedom and the proponents of terror, by defending our homeland and by assisting our nation to build a better future for coming generations.

I could not be more proud to be a Soldier today and to stand shoulder to shoulder with you and your families during this time of great danger and uncertainty. Together we are, and always will be, Army Strong.

George W. Casey Jr.  
General, U.S. Army  
Chief of Staff

# MNF commander notes ‘soldiering’ among ohana

To the families of Soldiers serving in Multinational Force-Iraq:

On April 11, Secretary of Defense Gates announced that the tour of duty for Soldiers serving in Iraq would be extended from 12 to 15 months. This was tough news, I know, for those on the home front – and also tough, of course, for those on the ground here in Iraq.

This was particularly difficult news, as a leak of this action meant that the Army was unable to notify you before the extension was reported by the press.

Needless to say, Lt. Gen. Odierno and I would not have requested maintenance of the surge force levels in Iraq – the request which led to the tour extensions – if we did



U.S. Army Photo

Left — Gen. David H. Petraeus is commander, Multinational Force-Iraq.

not view the additional forces as being critical to the ability of Multinational Force-Iraq to accomplish its mission.

That mission, to help Iraq improve the level of security for its population, is obviously critical to the effort to give Iraq's leaders an opportunity to resolve the difficult political issues that can enable long-term solutions to Iraq's problems.

I want to assure you that I understand, and appreciate deeply, the sacrifices that you and your Soldiers have made and will continue to make in the future.



## Quotable

“I do this because by setting the example I can be an inspiration to my young Soldiers.”

**Staff Sgt. Mario Medina**  
*referring to giving 110 percent effort to being the best trained Soldier possible. He was named "Top Medic in the Army," Monday.*

## LIGHTNING SPIRIT

# When discouraged, ask, ‘Do others see Jesus in me?’

**CHAPLAIN (CAPT.) JIM BURTON**  
1st Battalion, 14th Infantry Regiment

Webster's Dictionary defines discourage this way: “To deprive of confidence, hope, or spirit; to deter or dissuade.”

Discouragement is defined as “the act of discouraging or state of being discouraged.”

Unfortunately, those of us affiliated with the Army, either as a Soldier, or as a family member in support of that Soldier, sometimes understand what these words mean better than our civilian counterparts.

Unexpected extensions of deployments, or training in preparation of deployment, which causes Soldiers and their family members to be separated for long periods of time, can cause all kinds of frustration.

I imagine people shaking their heads and fists while asking, “Why?” and “How come?” without ever truly getting an answer that satisfies them, or their children.

Even as a Southern Baptist chaplain, I sometimes get discouraged and ask: “Do they see Jesus in me?” “Am I doing the things that encourage people to have faith in Christ?” “Am I really making a difference for the cause of Christ?”

Where we turn in time of discouragement truly defines us, though. Sadly, some turn to alcohol. Some turn to drugs. Some spend money in what I once heard called “retail therapy.” However, none of these will truly satisfy our hearts desires.

Some think that if they cry out to Jesus during times of discouragement that they are being irreverent, or maybe even offensive to him. They obviously have not read the Psalms close enough, because the Psalms are filled with heartfelt cries asking for the intervention of God.

Psalms 102:1-2 is an example: “Lord, listen to my prayer; let my cry for help come to You. Do not hide from me in my time of trouble. Pay attention to me. When I cry for help, answer me quickly” (New Century Version, or NCV).

It has often been said that there are three stages of trials: 1) you are in the middle of one, 2) you are just coming out of one, or 3) you are about to go into one.

Believe it or not, you can actually grow through trials that cause discouragement.

James 1:2-4 says, “My brothers and sisters, when you have many kinds of troubles, you should be full of joy, because you know that these troubles test your faith, and this will give you patience. Let your patience show itself perfectly in what you do. Then you will be perfect and complete and will have everything you need” (NCV).

One of my favorite contemporary Christian songs is called “Cry Out To Jesus” by Third Day. The chorus goes like this: “There is hope for the helpless, rest for the weary, love for the broken heart. There is grace and forgiveness, mercy and healing. ... He'll meet you wherever you are. Cry out to Jesus, Cry out to Jesus.”

There are a lot of things that are out of our control, and all of us face discouragement at different times in our lives. How we handle this discouragement truly tells others about us.

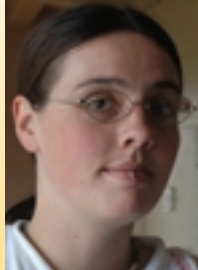
Trust in Christ has never let me down. He will sustain you, too, through your current difficulty — if you let Him.



Burton

# Voices of Lightning:

## Where do you see yourself in the next five years?



“Married to my husband [back home from Iraq].”

**Raigan Francis**  
Military Spouse



“I'd like to be an aviation company commander [via commission].”

**Spc. Aaron Green**  
1-14th Inf.  
S-1 Finance Specialist



“Air Force ... because I don't like to PT and I don't want to wake up that early.”

**Anthony Hall**  
Vehicle Detailer,  
Security Guard &  
Military Family Member



“Hopefully here in Hawaii, still.”

**CW02 Stephen Mislan**  
8th TSC  
Legal Administrator



“Working at a computer job back at home [on the mainland].”

**Cpl. Labarron Roberts**  
66th Engineers  
NCOIC,  
Communications



# Fresh kicks

KIRKUK, Iraq — Sgt. Ramy Elmerly, an interpreter with Headquarters & Headquarters Company, 3rd Infantry Brigade Combat Team, hands shoes to a young Iraqi boy named Faris, April 4 at Forward Operating Base Warrior. Leslie Cravey and Maj. Paul Cravey, operations officer, 25th Combat Aviation Brigade, donated the shoes. Faris, his brother Omar, sister Sarah and father Ayoub fled Baghdad about eight months ago for the relative security of Kirkuk.



Spc. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

# Combat patches authorized for wear at lower echelons now

J.D. LEIPOLD  
Army News Service

WASHINGTON — The Army has changed its policy on wearing combat patches as a result of the way Soldiers and their units now deploy.

Since 1945 the intent behind the wear of the combat patch, known as the “shoulder sleeve insignia-former wartime service,” was to recognize Soldiers’ participation in combat operations. However, this only applied to Soldiers who were serving with such large echelon deployed units as separate brigades, divisions, corps, Army commands or higher.

“Soldiers deploy differently now, at smaller echelon levels such as companies, battalions, combat brigade teams and as individual augmentees in support of larger echelon units,” said Sgt. Maj. Katrina Easley, branch chief for uniform policy at Army G-1. “At those levels they weren’t authorized to wear their unit patch as a combat patch.”

Once Soldiers report to their first units, they wear their command’s patch on their left sleeves. When deployed to a designated combat zone, Soldiers may also wear the

company-level or higher patch of the unit they serve with on their right sleeves.

In the past, confusion resulted over which combat patch should be worn by Soldiers who were cross-leveled, assigned, attached or serving as augmentees to deployed units. This policy also affected Soldiers under temporary duty orders in a combat zone.

The new guidance states that when echelons below company

level deploy, Soldiers in those units may now wear the combat patch of the lowest-echelon command they deploy with, as long as it’s at company level or higher.

The new implementing instructions to Army Regulation 670-1 became effective March 28 and are not retroactive. As before, Soldiers who have earned multiple combat patches may choose which patch to wear. Soldiers may also elect not to wear a combat patch.



Sgt. Armando L. Monroig | 5th Mobile Public Affairs Detachment

CONTINGENCY OPERATING BASE SPEICHER — Commanders like Lt. Col. Patricia Frost (right) of Special Troops Battalion, 25th Infantry Division, award a combat patch to Soldiers who serve with units in combat. Above, Maj. Timothy Beninato, commander, 5th Mobile Public Affairs Detachment, receives his combat patch, worn on the right shoulder.

# Golden Dragons train as Stryker infantry battalion

**2ND LT. JESSE OZBAT**  
1st Battalion, 14th Infantry Regiment

The Golden Dragons from 1st Battalion, 14th Infantry Regiment got their first taste of training as a Stryker Infantry Battalion, here, during Operation Dragon Freedom, March 27-April 6. The exercise was the first battalion-level operation for C Company, 1-14th Inf. Regt., since the unit returned from Iraq in 2005.

The 11-day exercise commenced with a battalion cordon and search. Two line companies cut off all avenues of approach into a region with two towns. After blocking the lanes, the companies simultaneously raided a portion of one town and conducted a sensitive site exploitation of each building. During a sensitive site exploitation Soldiers search for weapons caches and information in documents or personal effects. They use

the information for future missions.

In addition to the cordon and search, C Co. coordinated and deconflicted areas of responsibility, or fires, with Strykers and dismounted Soldiers from other companies in an urban environment. Leaders maintained command and control while on foot and in their vehicles.

For three straight days C Co. conducted platoon-level missions from platoon raids to convoy escorts, and even resupplied a local medical clinic.

The company also conducted non-contact missions. For these missions, platoons entered towns, talked with mayors, and addressed concerns of the local population. Platoon leaders encountered media and conducted interviews while maintaining operational security.

During each of the missions, C Co. implemented an information operations cam-

paign. Soldiers distributed flyers to relay information to the town's residents, such as the purpose of the raids, or locations for medical assistance. Soldiers also provided food and water to locals via care packages. The unit compensated the mayor of each town for damage caused by coalition forces, and provided supplies to rebuild one of the town's bridges.

Not everyone from the town welcomed the company with open arms. Some locals expressed anger at the unit's disruption in the town, forcing C Co. to gain the support of the local population. The company commander and key leaders from the surrounding villages also participated in bilateral talks to increase lines of communication.

Throughout the exercise, C Co. Soldiers gained a wealth of experience as a Stryker unit, and began tackling the types of challenges they will face on their next deployment.



Staff Sgt. Gibson Mongkeya, (right), discusses concerns brought by "locals" during the 1-14th Inf. Regt's field training exercise, April 3.

## News Briefs

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com)

### April

#### 20 / Today

**Army Ball** — Registration for the Army Birthday Ball, which will celebrate the United States Army's 232nd Birthday, opens April 12.

The celebration will be held Saturday, June 16, at the Hilton Washington Hotel, Washington D.C. Join us for an elegant evening of dining, dancing and entertainment. All Army Soldiers, family, DA civilians, retirees and veterans are welcome! Formal attire is required.

Visit the United States Army Homepage at <http://www.army.mil/birthday/232/ball/default.htm> for additional information and links to online registration.

#### Free Getaway Vacation

The National Military Family Association (NMFA) is now accepting applications for a free getaway vacation for wounded service members and their families. Working in partnership with The Blewitt Foundation, NMFA will select participants to embark on Destination R&R.

This retreat is offered to service members of all branches of service, as well as members of the Commissioned Corps of the U.S. Public Health Service and the National Oceanic and Atmospheric Administration, who were wounded or experienced emotional trauma or illness related to their service in the global war on terror. Members of the National Guard and Reserve in either activated or drilling status are eligible, provided their injury was sustained while on active duty or training.

Applications are only accepted online at [http://www.nmfa.org/site/PageServer?pagename=destination\\_rr](http://www.nmfa.org/site/PageServer?pagename=destination_rr), and must be submitted by midnight May 4.

#### 21 / Saturday

##### Seeking Volunteers

Are you looking for an opportunity to help out the local community? The Hauiki Homes needs help fixing up housing units outside the Fort Shafter area, for the homeless. This outreach is a great opportunity to make a difference. Some of the tasks to be accomplished include cleaning, spackling, painting and plumbing.

If you'd like to help out with this worthy event, April 21, anytime from 8 a.m.-4 p.m., call 1st Lt. David Fischer at 438-6091.

#### 24 / Tuesday

##### Culinary Honors

The community is invited to join the U.S. Army Garrison, Hawaii, commander, Col. Howard J. Killian, when he honors Team Hawaii, April 24, 1:30 p.m., K-Quad dining facility, Building 780, Schofield Barracks, for its achievements during the 2007 U.S. Army Culinary Arts Competition in Fort Lee, Va.

### May

#### 2 / Wednesday

##### Oahu South Town Hall

The next Oahu Base Support Battalion Town Hall meeting for the Oahu South community is scheduled for Wednesday, May 2, at

## Ongoing

#### TSP Classes

— Learn how a 403(b) plan like Thrift Savings Plan works in terms of allowable amounts and different types of investment opportunities. Classes are held on the third Wednesday of every month at the Schofield Barracks' Army Community Service, Building 2091 from 9-10:30 a.m.

Contact Georgianna McAnany at 655-1714 or [Georgianna.McAnany@schofield.army.mil](mailto:Georgianna.McAnany@schofield.army.mil).

6:30 p.m., in the AMR Chapel. For more information, contact Rosey Stone at 438-6147.

#### 4 / Friday

**MP Ball** — The 8th Military Police Brigade will host the 66th Military Police Regimental Ball Friday, May 4, from 5:30 p.m.-midnight, at the Turtle Bay Resort, North Shore. Dress is military formal / black tie and tickets are \$50 per person.

For information contact Capt. Sharon Lgyht at 655-5390.

## Meeting: Leaders provide resources

CONTINUED FROM A-1

Representatives from organizations spoke briefly about resources and compensation for families of extended Soldiers. Several aspects of coping with the extension, including counseling and financial support, were expressed.

Sylvia Scully, outreach director of Child Youth Services, urged all

mothers to take advantage of the hours of free child care per month available at on-post child development centers.

Army Community Service representative, Brian Dougherty, expressed his concern about the underutilized Military One Source.

Representatives from the 14 organizations explained Hardship Duty Pay-Temp (HDP-L) and answered questions regarding new

powers of attorney.

In addition, representatives stressed the available resources and urged family members to take advantage of the organizations designed to provide assistance.

Ryan ended the meeting by restating the sensitive nature of the extension.

"All of these organizations are standing by, waiting to support you," he stressed.



# PACOM challenges technologists for efficient solutions

Story and Photo by  
**STAFF SGT. TIM MEYER**  
U.S. Pacific Command Public Affairs

HONOLULU — When is technology more than just a piece of equipment or an information system? When a ground troop uses it to make a life-or-death decisions in a split-second on the battlefield, or when an admiral sends an aircraft carrier as a show of force to mitigate or avoid conflict.

Technology also assists ground troops and commanders to provide humanitarian assistance and disaster relief to foster and improve relations with allies.

“Its not always about the kill. A lot of times it’s about maintaining peace and building the cultural diversity that we are here to support throughout the world,” said John Kubricky, undersecretary for Advanced Systems and Concepts, Office of the Secretary of Defense.

Scientists met with Soldiers and Sailors of various ranks to understand and work toward meeting their technological needs at the 10th annual Pacific Operational Science and Technology Conference and Exhibition at the Hilton Hawaiian Village Hotel, April 2–4.

“Together we can utilize science and technology to achieve our primary objective, which is nothing short of keeping the peace in our half of the world,” said Adm. Tim Keating, commander, U.S. Pacific Command, to more than 350 civilian and military personnel in attendance.

Keating described several examples of technology used for conflict, including the “bunker buster,” laser-guided bombs used in the first



Gulf War; the Gunslinger, a new weapons-assisting sensor system used to detect and locate gunfire from snipers; and the Spartan, an unmanned surface vehicle used by the USS Gettysburg.

He also mentioned the use of technology originally designed for war for compassionate missions – providing disaster assistance and relief in the aftermath of the 2004 tsunami in Indonesia, for example.

In his first public address since assuming command, Keating challenged the audience to provide affordable solutions to better enable troops on the ground to both fight the war on terror and to maintain peace.

“As the heads of research for your respective services and organizations, I want to thank you for the efforts you each have made to sup-

port our troops and our global war on terror thus far, and for the hard work we’re going to ask all of you to do to help foster and sustain peace for everyone throughout the Pacific and throughout the world,” he continued.

Officials from Singapore, Australia, the Republic of Korea, and other countries attended the conference, as well as U.S. government officials from the Departments of Defense, Homeland Security and other agencies.

In the opening session, admirals and generals from USPACOM explained their roles, responsibilities, and technological needs, and responded to questions from the audience. In a later session, conference attendees took notes as a panel of enlisted warfighters and combat-experienced service members – some who had recently returned from deployments – offered specific suggestions for improvements to existing equipment and requested new products they would like to see developed.

Requests included providing more flexible body armor, changing ammunition from 5.56 mm to 7.62 mm, standardizing towing systems for High-Mobility Multipurpose Wheeled Vehicles (HMMWVs), replacing the M9 pistol and the HMMWV, and employing ground-penetrating radar.

## AHFH: Families receive answers

CONTINUED FROM A-1

considered adequately housed unless there has been a change in its family status, rank, or it requires an Exception Family Program Member (EFPM-) designated house, which must be approved/verified through Tripler Army Medical Center (TAMC). The only exceptions AHFH will make to this rule isare as follows:

If an existing neighborhood will be redesignated to another rank and a family residing in that neighborhood chooses to move at its own cost. The family may be offered a new home, but is not guaranteed.

If an existing neighborhood is scheduled for demolition, AHFH will give priority for a new home to families requiring relocation, if new homes are available in the appropriate rank and size. AHFH cannot guarantee a new home to families that have to be relocated.

**Q:** If I do not like my home or neighborhood, can I request to be relocated to another home?

**A:** Starting in 2007, AHFH only allows convenience moves if there is a change in family size, rank, or if the family has recently been included in the EFMP program, (verified through TAMC).

**Q:** What does a family awaiting orders need to do?

**A:** The family needs only to provide a notice to vacate once it has received orders and is preparing for a move to its next duty station.

**Q:** How does the demolition and new

construction of homes affect my family?

**A:** Some families affected by the extension may be residing in an AHFH neighborhood that is scheduled for demolition before the end of this year. These families may be asked to relocate from their current home, even though they are anticipating PCS orders upon return of the service member. AHFH will provide a 120 day notice to families residing in such neighborhoods and will work with each family individually.

Contact AHFH’s regional offices at  
275-3700 (North Oahu) or  
275-3800 (South Oahu).

### Deployment / Redeployment

**Q:** How does the deployment and redeployment affect the assignment of homes?

**A:** It does not. Homes are assigned based on the standard priority categories.

**Q:** What does a family affected by the extension and awaiting orders need to do?

**A:** A family affected by the extensions needs only to provide a notice to vacate once it has received orders and is preparing for a move to its next duty station.

**Q:** How does demolition and new con-

struction of homes affect my family?

**A:** Some families affected by extension may be residing in an AHFH neighborhood that is scheduled for demolition before the end of this year. These families may be asked to relocate from their current home, even though they are anticipating PCS orders upon return of the service member.

AHFH will provide a 120-day notice to families residing in such neighborhoods and will work with each family individually.

**Q:** What does a family who left due to the deployment and is awaiting the return of their spouse need to do to be offered a home in an AHFH community?

**A:** A family that left the island due to the deployment and has not placed itself on the waiting list, needs to contact its respective Regional Office and request an application to be placed on the applicable waiting list. The family’s date of eligibility will be the date the application is received.

**Q:** What should a dual military family do if when they deployed they sent their children to family on the mainland during the deployment?

**A:** A dual military family needs to contact the Regional Office as soon as possible and place itself on the waiting list. A dual military family that had no caregivers in Hawaii and could have stayed during the deployment will be placed on the waiting list with a date of eligibility as the date of its deployment.

## Housing Priority Categories

Priority 1	Key and essential accompanied or unaccompanied military or civilian personnel (including Coast Guard) assigned or attached for duty at the installations or at a Coast Guard to Marine Corps facility. (Includes Families residing in an AHFH home scheduled for demolition.)
Priority 2	Accompanied military personnel, including active duty Coast Guard, assigned or attached for duty at the installations, or at a Coast Guard or Marine Corps facility.
Priority 3	Accompanied military personnel (including active duty Coast Guard) assigned or attached for duty within a 50-mile radius of the installations or at a Coast Guard or Marine Corps facility. Includes families that give up their command sponsorship for their dependents and return to Hawaii requesting housing.
Priority 4	Unaccompanied family members of military personnel (including active duty Coast Guard) assigned or attached for duty at the installations or at a Coast Guard or Marine Corps facility.
Priority 5	Unaccompanied military personnel (married and single, including active duty Coast Guard) assigned or attached for duty as stated in Priorities 2 and 3.*
Priority 6	Retired military personnel and spouses or widowed spouses of retired military personnel (including retired active duty Coast Guard).
Priority 7	DoD and Federal Agency personnel (other than designated key and essential).
Priority 8	DoD contractors
Priority 9	Non-military or non-DoD or non-federal agency personnel not included in priority categories 1 through 8 (general public).

*\*Includes spouses and or service members looking to upgrade bedroom size based on addition of command sponsored family members. Housing will be offered to single pregnant Soldiers or Families where the spouse becomes pregnant during their third trimester of pregnancy, subject to availability of housing.*



# Stricter standards keep keiki safe

Part Three in a four-part series on raising children in a safe environment

**JEREMY S. BUDDEMEIER**  
Editor

TRIPLER ARMY MEDICAL CENTER — If you're a new parent, chances are your child's safety seat is installed incorrectly.

According to Carol Moreno, a pediatric clinical nurse specialist here, approximately 90 percent of the car seats she checks at community events have at least one safety discrepancy.

The two most common mistakes include not fastening the seat tight enough, and leaving too much slack in the safety seat's harness.

"You shouldn't be able to get the seat to move more than even one inch," Moreno said. "If it moves, the seat belt is not holding [the child] tight enough."

Also, the harness should be tight enough so that an adult can only place one finger between the child's collarbone and the harness strap, she said. "A lotta times [the straps] are flapping in the breeze."

However, newly minted parents aren't the only adults who must wrestle with five-point harnesses and cranky children in cramped back seats.

As of Jan. 1, state law requires children younger than 8 years old and less than 4 feet 9 inches tall to use a child safety or booster seat. Previous legislation allowed children over the age of 4 to ride without a booster seat.

The new law is due in part to statistics that revealed more than 700 children ages 4-7 are involved in major car crashes each year in Hawaii. Also, unrestrained children are at least 50 percent more likely to be injured than those children in safety or booster seats.

And if a child's safety isn't incentive enough to use a car seat, violators of the new law are required to attend a four-hour safety class, and pay up to a \$500 fine.

Because children are shorter, the chest strap portion of an adult seat belt can lay uncomfortably across a child's neck, Moreno said. The child's natural tendency is to either put the seat belt under his arm or behind him. In either case, a sudden stop puts the majority of the strain across the unprotected abdominal region.

A child's height, rather than weight, is the most pertinent safety factor, Moreno said. Even if the

child is thin, but taller than 4 feet 9 inches, the force of the seat belt's impact will be across the chest, which is still the strongest, most protected region on the body.

Moreno would know. In addition to her nearly 23 years of experience in the Army Nurse Corps, Moreno has been conducting safety seat checks since 2001, when she completed a four-day course given by the National Highway Traffic and Safety Administration.

The course teaches proper safety-seat installation strategies for the various permutations of car-seat brands and car models, and even delves into basic physics and crash dynamics.

Since Tripler became an official inspection station in October 2006, Moreno said the focus has shifted from installation to education.

"It doesn't do [the parents] any good for me to install the seat," she said, and emphasized the need to have parents learn proper techniques themselves.

Moreno, and six other trained car-seat specialists at Tripler's inspection station, walk parents through a more than 70-point checklist that includes positioning the retainer clip, measuring children to ensure they are within height and weight requirements, and checking the specific seat model against recall lists.

To make an appointment at Tripler for your free child safety seat inspection, call 433-6434.

For example, two infants suffocated in separate incidents in the U.S. because a parent placed a rolled, U-shaped towel behind the baby's head for support. In both cases a sudden stop, which caused the baby to lean forward, forced the towel behind the baby's neck, and occluded the airway, Moreno said.

Moreno also recommends against placing a mirror on a back seat that allows the driver to view the rear-facing baby through the rearview mirror.

"If you're watching the baby, you're not watching the road," she said.



Mark Jackson | Tripler Army Medical Center Public Affairs

Carol Moreno, pediatric clinical nurse specialist, Tripler Army Medical Center, assists proud father Kendrick Hall with the proper installation of his child's baby car seat.

In addition, Moreno said she impresses upon children the importance of keeping their seat belt buckled until the car stops, and not putting the belt behind their back.

Still, considering the amount of experience and expert assistance being doled out for free, Tripler's inspection station is woefully underused. Moreno said of the four open appointments each month, three, sometimes four, slots remain unfilled.

The unused slots seem especially wasteful considering that parents seeking a car-seat inspection at nearby Kapiolani Medical Center for Women and Children must sometimes spend a month on the waitlist for their appointment. However, the medical center also cares for approximately twice as many babies compared to Tripler, Moreno said.

Through the years, Moreno has witnessed noticeable improvements in both safety seats and the safety technology built into a car's design, such as

the "independent crumple zones" advertised in crash-test commercials.

Though most accidents involve the front of the vehicle, most fatalities result from side-impact collisions.

Still, Moreno said, the safest arrangement for a car seat can be seat- and car model-dependent. While the middle rear seat is the safest position to place the seat — because it is the furthest from a side impact — it might not provide the most stable arrangement for every safety seat-car combination.

"It's about what fits best in your car, what fits the tightest," she said.

On The WEB

Visit the Keiki Injury Prevention Coalition at [www.kipchawaii.org](http://www.kipchawaii.org) or call 537-9200, for ways to keep your children safe.

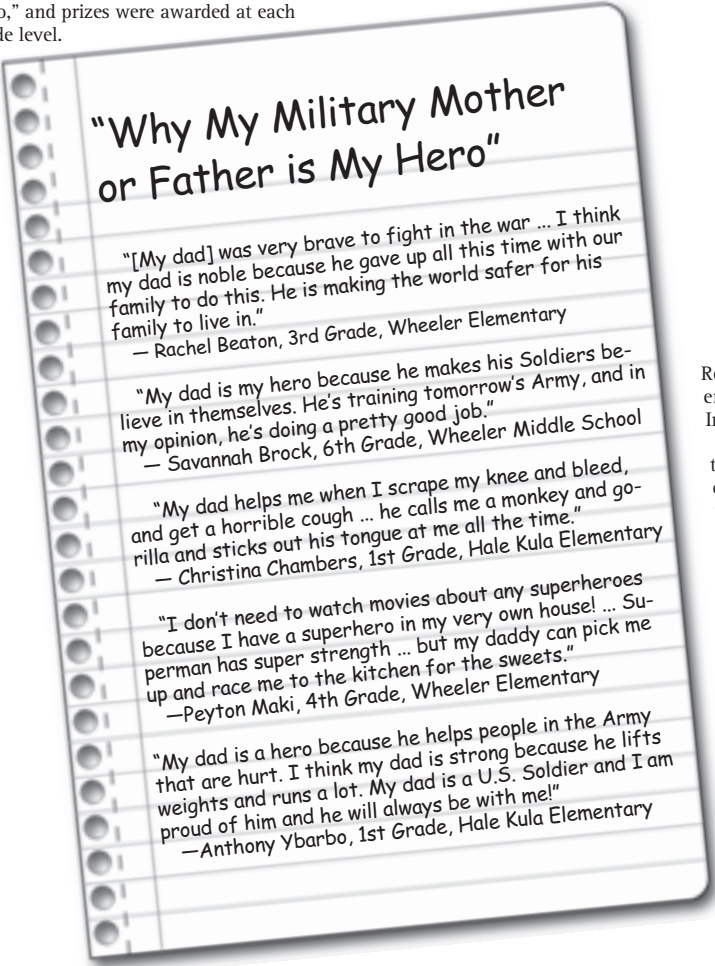
# Youth pen candid comments about their beloved parents

**DELA LAFLEUR**  
Director, Armed Services YMCA  
Schofield/Wheeler Branch

The Armed Services YMCA puts on an essay contest for military family members every year. The contest is open to youth in all branches of the service, particularly students in elementary and middle school.

The theme for this year's contest was "Why My Military Mother/Father is My Hero," and prizes were awarded at each grade level.

Six winners came from the Schofield community; students from Hale Kula, Wheeler Elementary, Solomon Elementary, and Wheeler Middle School fared well. During the awards presentation ceremony, Wednesday at the Hukulani Community Center, near Pearl Harbor, most students read from their essays to the delight of family members and school command representatives.



# Web contest spotlights ‘Military Child’

**TRIPLER ARMY MEDICAL CENTER**  
News Release

United Concordia is proud to recognize and support April's "Month of the Military Child" by sponsoring a Web-based, random selection drawing. Prizes will be awarded to military children of varying ages.

Children of active duty or National Guard and Reserve sponsors who are enrolled in the Tricare Dental Program (TDP) beneficiaries are eligible for this drawing. To enter, simply complete the form found on the TDP Web site, [www.Tricaredentalprogram.com](http://www.Tricaredentalprogram.com), by April 26 and submit it online.

Winners will be selected at random. One first, second and third place prize will be awarded in each of six Tricare regions (North, South, West, Pacific, Europe and Latin America/Canada) for these four age categories:

•Ages 0-4: First place is a VTech V.Smile Baby Infant Development System. This interactive educational system wirelessly connects with your TV and may be used in a car.

Three different modes allow for learning at different stages of your child's growth.

Second place is a \$100 U.S. Savings Bond and third, a \$25 AAFES gift certificate.

•Ages 5-7: First place is a VTech Nitro Notebook. Children choose from 80 arcade-style games to learn math, reading, Spanish, logic, music and more. The Nitro Notebook even reads stories aloud to teach phonics and build comprehension skills.

Second place is a \$100 U.S. Savings Bond, third a \$25 AAFES Gift Certificate.

•Ages 8-12 & 13-17: First place is an iPod Shuffle, made by Apple. It holds up to 12 hours of continuous, downloadable music.

Second place is a \$100 U.S. Savings Bond, third a \$25 AAFES Gift Certificate.

Only one entry is permitted per child. Winners will be announced on the TDP Web site ([www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com)) May 10. Mailed or faxed entries will not be considered.

# Arts and Crafts contest calls for entrants

**MARGARET MCKENZIE**  
Army News Service

ALEXANDRIA, Va. — The Family and Morale, Welfare and Recreation Command's Arts and Crafts program is calling for entries for the 2007 Army Arts and Crafts Contest. Installation-level entries are due May 25.

All entries for the Schofield Barracks Arts and Crafts contest are due no later than 4 p.m., May 5, and must be accompanied by a CD with associated pictures of the contestant's work. Call 655-4202, Schofield Barracks, or 438-1315, Fort Shafter, for more information.

The Army Arts and Crafts Contest is an annual, juried competition of two- and three-dimensional artwork with separate categories for novice and accomplished artists and craftspeople. Their work is entered in categories for ceramics, drawings, fibers and textiles, glass, metals and jewelry, oil-base painting, water-base painting, wood, and mixed media, both two- and three-dimensional.

The accomplished division is for competitors who have gained skills and knowledge through formal courses leading to credit in college or art schools. Those whose skills have not been acquired in formal education leading to college credit or a degree can compete in the novice division.

Photographed artwork must be clear and in focus because judges will evaluate the photos, not the actual artwork. Three-dimensional works should have at least three views to show front and back, with details describing the craftsmanship involved in creating the piece.

Authorized MWR patrons, with the exception of employees of the Army Arts and Crafts program, are eligible to enter. All submissions must be the entrant's original work and must be completed within 24 months of the beginning of the contest year.

Work submitted in previous contest years may not be re-submitted. Each eligible patron may enter up to five works per category at the installation level at arts and crafts facilities.

*(Editor's Note: Margaret McKenzie writes for the Family and Morale, Welfare and Recreation Public Affairs.)*

Contact the Schofield (655-4202) or Fort Shafter Arts & Crafts Center (438-1315) for more details.



Staff Sgt. John Pilieri of Fort Campbell, Ky., took second place in the accomplished artists drawing category of the 2006 Army Arts and Crafts Contest with "106th SOAR FARO Team Print."





## April

26 / Thursday

**Ante Up!** — Put on your best poker face and participate in a free Texas Hold'em tournament at the Tropics, April 26, 6 p.m. All ID cardholders are welcome to play, but get there early, because room's only available for 120. Call 655-5697.

27 / Friday

**Blue Star Preview Night** — Register by April 27 for the special Blue Star Card preview of "Grease" to be held May 9 at Richardson Theatre, Fort Shafter. Enjoy free appetizers, transportation and child care. Call the Leisure Activities Office to register at 655-0112/0111.

28 / Saturday

**Parents Night Out** — Leave your kids with Child and Youth Services (CYS) at Peterson Center, Schofield Barracks.

Children enrolled in Parents Night Out must be registered with CYS no later than noon, April 26. Reservations are first-come, first-served. Call 655-8313.

## May

4 / Friday

**Books R Fun** — Bring your family and friends and come enjoy Books R Fun, May 4, 8 a.m.-2 p.m. at the Tropics, Schofield Barracks. "Tons" of new books and many fun kid's products will be up for sale. Call 655-0002.

## Ongoing

**Newcomers Workshop** — New to Hawai'i? Come join the fun at the Army Community Service (ACS) weekly orientation workshop. Learn about community resources and Hawaiian culture.

Workshops are held every Tuesday, from 8:15 a.m.-2:30 p.m. at the Schofield ACS. Free child care is provided from 8:30 a.m.-2:30 p.m. for children enrolled in CYS. Call 655-5314 to register for child care and 655-4227 to register for the workshop.



Send calendar announcements to  
community@hawaiiarmyweekly.com

## April

20 / Today

**Delta Sigma Theta Step Show** — Register now for the May 5 step show "Do the red thing to support the fight against AIDS in Africa," sponsored by the Hawaii Alumnae Chapter of Delta Sigma Theta Sorority, at the Hickam Air Force Base Enlisted Club from 6-12 p.m. Ticket cost is \$30. Call Barbara Jackson at 343-2145 or e-mail bjackson005@hawaii.rr.com for more details.

**Crater Concert** — Get tickets now for the Earth, Wind and Fire show that will erupt from inside the Diamond Head Crater, Saturday, May 19 at 2 p.m.

Tickets are available at www.ticketmaster.com, toll free at 1-877-750-4400, or the Blaisdell Arena Box Office.

Reserved seating (\$135, \$150 and \$175) and general admission (\$125, with low-back beach chairs permitted) are available. All tickets include reserved parking at convenient auxiliary lots and roundtrip shuttle into the Crater in order to minimize the environmental impact on the Crater and surrounding neighborhoods.

No walk-ins will be allowed at the event; all patrons must arrive via shuttle bus. Call the hotline at 735-7000 or visit www.crater-celebration.com.

21 / Saturday

**Free Car Washes** — Spouses of deployed Soldiers stationed at Schofield Barracks will be treated to a free "Car Wash & Maintenance Checkup" at the car wash rack by Foote Gate, April 21, from 9 a.m.-1 p.m., courtesy of the Main Post Chapel, Schofield Barracks.

**Seeking Volunteers** — Are you looking for an opportunity to help out the local community? The Hauiki Homes needs help



After assembling a rope bridge with fellow Waianae High School JROTC cadets, Saturday, Princess Samante crosses without penalty. Caitlin Francisco (center) and Nanani Kukahiko provide structural and moral support.

## Building future leaders JROTC style

Story and Photos by  
**CAPT. KALEAPH T. CARTER**  
2nd Battalion, 11th Field Artillery Regiment

WAIANAE — On a typically beautiful weekend here, some not-so-typical high

school students put their best boots forward and accepted a challenge set by the Waianae High School Junior Reserve Officers' Training Corps (JROTC) Commander retired Lt. Col. Don Arakaki.

However, from April 14-15, Arakaki

saw that all who accepted the challenge became winners. Twenty-one different high schools, 45 teams of more than 300 JROTC cadets from all over the state participated in the Waianae Adventure Challenge three-day, 14-event physical, men-

SEE JROTC, B-3

or 438-1315 at Fort Shafter.

**DoD Employees** — Don't have the time to take your auto in for an oil change, tire rotation or balancing? The staff at the Auto Craft Shop does.

The craft shop can complete these jobs and many other services during regular workdays. Call 655-2271.

**Sunday Brunch** — Experience a delightful meal featuring popular brunch menu favorites at the Kolekole Bar & Grill, Schofield Barracks, from 10 a.m.-2 p.m., or at Fort Shafter's Hale Ikena from 10 a.m.-1 p.m.

Cost varies by location and children's pricing is available. Call Hale Ikena at 438-1947 or the Nehelani at 655-4466 for reservations or information.

**Homeschool Support Group** — Home-schooled students are invited to join bi-weekly group meetings for special activities, including arts and crafts, field trips, science experiments, computer classes and more.

Call 655-8326 for a copy of the current calendar or for registration information.

ese tea ceremony. This free event takes place April 23 from 7:30-9:30 a.m. at Pearlridge Uptown Center Court.

**Movie Night** — Catch "Movie Night" at the Tropics, Monday from 7-9 p.m., and see "No! Confronting Sexual Assault in Our Communities." Participating youth must be 16 or older to attend.

24 / Tuesday

**Keiki Tuesday** — Kid-friendly entertainers including Chris da Clown, Aloha Clowns, Paradise Jugglers, and Mr. Amazing will delight the whole family at free celebrations every Tuesday at Uptown Center Court, Pearlridge Mall from 10:30 a.m.-noon. Bring the keiki for crafts, balloons, storytelling, face painting, silly songs and more.

Also, catch Keiki Tuesday's big brother, a fun-filled evening adventure for families with school-age children each Tuesday evenings.

Chess classes are also held each Tuesday, teaching the intricacies of this popular family activity from 6 to 8 p.m.

25 / Wednesday

**Kids in the Kitchen** — Preschoolers and their parents are invited to join the Armed Services YMCA and make "Octo-Dogs & Shells," April 25 at 10:30 a.m., and again May 23 at 10:30 a.m. to make "Happy Ice Cream Mice." Cost is \$3 per child. Preregister at 624-5645.

**HPU Online Terms** — Registration gets underway April 25-June 6 and June 4-July 6 for online spring/summer terms at Hawaii Pacific University.

The online spring term will offer 13 courses in general education and business for students accelerating their degree program. The special five-week online summer term complements the regular summer interim term offerings in Justice Administration, Political Science and Business fields.

The HPU spouse scholarship program can be used to subsidize the cost of tuition. Call HPU at the base education center, 422-0079, for more details. Visit www.hpu.edu/military.

28 / Saturday

**Distinctive Women** — Cultural practitioners and community history presenters will examine the lives of women in Hawaiian history, April 28, 9 a.m.-5 p.m. Presented by the Friends of Iolani Palace, this

**Nueva en la Biblioteca** — The Sgt. Yano Library on Schofield Barracks now has a collection of books and videocassettes in Spanish. Books are available for children of all ages along with a wide selection of adult fiction. Call 655-0145.

**Mystery Shopper Program** — Volunteers, who shop anonymously at various MWR facilities or activities and provide feedback or identify employees who provide legendary service, are needed for the Mystery Shopper Program.

Approximately three hours may be required for each assignment, and shoppers will be provided with any required spending money. Call 656-0078.

**MWR Happenings** — To find out more information about MWR activities, programs and facilities, pick-up a copy of the "Discovery" magazine available at the Schofield Barracks commissary, Fort Shafter post exchange, Aliamanu shopette, Tripler mauka entrance, or any MWR facility.

Visit the MWR Web site at www.mwrmilitaryhawaii.com.

free event will be held at Mission Memorial Auditorium, 550 South King St. Visit www.iolaniplace.org/events for registration info.

## Ongoing

**Oklahoma Degrees** — The University of Oklahoma (OU) is now accepting applications and registration for its summer term. OU is proud to offer a Master of Arts in Managerial Economics on Hickam Air Force Base. Its non-thesis program can be completed in about 18 months.

Contact OU at 449-6364, at aphickam@ou.edu, or visit www.goou.ou.edu.

**Making a Difference** — Do you know the difference between unrestricted and restricted reporting of sexual assault? You can stand up against sexual assault and make a difference.

Look for ribbons and bracelets that will be handed out at multiple locations during the month of April to promote sexual assault awareness. Help stop sexual assault.

If you or anyone that you know has been sexually assaulted, contact the 24/7 victim advocate hotline at 624-SAFE (624-7233), or call the Sexual Assault Response Coordinator at 655-1718.

**Food For Families** — The Armed Services YMCA accepts donations of nonperishable items to replenish its food pantry. Its emergency food locker is available to families experiencing financial difficulty who could use extra assistance. Supplies of canned goods, frozen food, dry goods and personal care items are accepted. Call 624-5645.

**Waikiki Aquarium** — The sea-curious are invited to get up close and personal with some of the ocean's most incredible creatures during the Aquarium's "Marine Munchies," Mondays, 4:15-6 p.m. It's fresh, it's salty and it's new to the Aquarium.

Minimum age is 5 years; youngsters must be accompanied by an adult. Cost is \$16/adult, \$12/child (\$20/\$15 for non-members).

**Info Booth** — Stop by the Schofield PX information booth and give to the clothing drive promoting Sexual Assault Prevention Month, any Monday in April from noon-3 p.m.



**Aliamanu (AMR) Chapel, 836-4599**

- Catholic Sunday, 8:30 a.m. — Mass Sunday, 9:45 a.m. — Religious Education (Sept.-May only)
- Gospel Sunday, 11 a.m. — Sunday School (Sept.-June only) Sunday, 12:30 p.m. — Worship service
- Protestant Sundays, 9:45 a.m. — Worship Service Sunday, 11 a.m. — Sunday School (Sept. — June only)

**Fort DeRussy Chapel, 836-4599**

- Catholic Saturday, 5 p.m.—Mass in chapel (May-Aug.) Saturday, 6 p.m.—Mass on Beach
- Protestant Sunday, 9 a.m. — Worship Service

**Fort Shafter Chapel, 836-4599**

- Contemporary Protestant Sunday, 9 a.m.—"The Wave" Worship

**Helemano (HMR) Chapel**

- Contemporary Protestant Sunday, 10 a.m. — Worship Service & Children's Church

**\*Main Post Chapel, 655-9307**

*\*(Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)*

- Catholic Sunday, 9 a.m.—CCD & RCIA Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

**MPC Annex, Building 791**

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

**Soldiers Chapel**

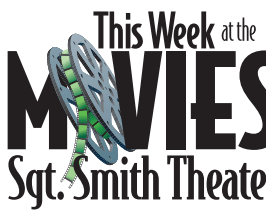
- Catholic Friday-Saturday, 12 p.m. — Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. — Worship Service

**Tripler AMC Chapel, 433-5727**

- Catholic Sunday, 11 a.m.—Mass Monday — Friday, 12 p.m.—Mass Saturday, 5 p.m.—Mass
- Protestant Sunday, 9 a.m. — Worship Service

**Wheeler Chapel**

- Catholic Saturday, 5 p.m.—Mass Sunday, 10:30 a.m.—Mass
- Collective Protestant Sunday, 9 a.m. — Worship Service
- Gospel Sunday, 12 p.m. — Worship Service



**Ghost Rider**

(PG-13)

Friday, 7 p.m.  
Sunday, 2 p.m.



**The Astronaut Farmer**

(PG)

Saturday, 2 p.m.



**Wild Hogs**

(PG-13)

Saturday, 7 p.m.  
Thursday, 7 p.m.



**Reno 911**

(R)

Wednesday, 7 p.m.



# ‘No’ always means ‘No,’ when it comes to sexual intimacy

ELAINE WILSON  
Army News Service

FORT SAM HOUSTON, Texas — It was Friday night and, as usual, a tight-knit group of girls met outside of their college dorm to make plans. They were headed to a fraternity party, but decided last minute to meet up with some guys one of the girls knew from high school.

The girl, “Sue,” had a crush on one of the guys, so she’d talked her buddies into going to their apartment. So, with stiff 1980s Aquanetted hair and too-low-cut tops, the freshmen walked the mile to the apartment, giggling all the way.

The men were, of course, thrilled to have the college girls over. They turned on the radio and popped the tops off of some beers and the group drank, laughed and flirted.

Now slightly buzzed, Sue drifted off with her crush into a bedroom. It got hot and heavy, she later said. They made out for a while and then, when Sue felt like it was getting too hot, she decided to leave the room and hang with her friends. He, on the other hand, had different plans.

He pinned her down, fondled her and tried to rape her. She said no and he ignored her. She fought him and ran out into the hall crying.

The girls left, but Sue didn’t say much on the walk home.

“You shouldn’t have let things get that far,” they told her. “It wasn’t just his fault.”

Although he didn’t rape her, the incident scarred her. Her self-esteem dipped and her friends’ words haunted her for years. Maybe I should have dressed differently or shouldn’t have led him on, she thought. Maybe it was my fault?

She was wrong. It had nothing to do with the way she dressed or the amount of kissing she did. The man she was with sexually assaulted her. But like thousands of other victims, Sue blamed herself. And the man walked away.

Women are taught to avoid dark alleys and dimly lit parking lots to avoid “stranger danger.” But they’re not taught to avoid the offenders that may be a friend, boyfriend or even a relative. Rape by a stranger can happen, but it’s much more likely to be a date or acquaintance.

## COMMENTARY

According to the Rape, Abuse & Incest National Network, about two-thirds of sexual assault victims in the United States knew their assailants. It is predicted that one in seven college women will be raped before graduation, and 90 percent will know their attacker, according to the University of Texas at Austin Counseling and Mental Health Center Web site.

Sexual assault is intentional sexual contact, characterized by use of force, physical threat or abuse of authority, or when the victim does not or cannot consent, according to the U.S. Army Sexual Assault Prevention and Response Program Web site. The term includes rape; nonconsensual sodomy, whether oral or anal sex; indecent assault, which is unwanted and inappropriate sexual contact or fondling; or attempts to commits these acts.

Bottom line for potential offenders is “no” means “no,” whether the victim is making out with them, had sex with them in the past or is dressed provocatively.

While sexual assault can’t always be avoided, there are steps you can take to prevent from becoming a victim.

The Army’s SAPR Program Web site recommends people be assertive; be prepared, travel with a friend and stay sober; and be alert. If you sense trouble, get to a safe place as soon as possible.

According to the Acting Secretary of the Army’s Task Force Report on Sexual Assault Policies, from 1999

Visit SAPR at  
[www.sexualassault.army.mil](http://www.sexualassault.army.mil)  
or call the Assault Hotline at  
1-800-656-HOPE (4673).

to 2004, 67 percent of the sexual assaults involving Army personnel occurred on post.

Therefore, call the police if you see any unauthorized or suspicious males or females in the barracks.

Sexual assault is a criminal offense punishable under the Uniform Code of Military Justice as well as the federal and civilian legal systems. It is also the most under reported crime in society and in the military, according to the Army SAPR Program Web site.

If that trend continues, offenders will never be brought to justice. And, they will find another victim.

Nearly 20 years ago, that victim was me. I am Sue.

I have gotten past the shame of that night, but I’ll never get over the fact that I just walked away shouldering the blame for someone else. I knew dozens of girls in college who had been date raped or forced to do a sexual act against their will. But, in many cases, the blame was misplaced on the victim for putting herself in a bad position or dressing a certain way.

If you know someone who has been sexually assaulted, be a friend. Encourage her (or him) to report the crime and seek help.

In the military, service members have restricted and unrestricted reporting options. With restricted reporting, victims can seek help without launching an investigative process.

If the victim was you, remember, you are not to blame even if you were drinking or you were with someone you know. Seek help so you can start the healing process.

*(Editor’s Note: Elaine Wilson writes for the Fort Sam Houston Public Information Office.)*



Pfc. Brandon Tiller (left), B Company, 2-11th Field Artillery Regiment, assists Campbell High School JROTC cadets during the rappelling challenge of the Waianae Adventure Challenge, Sunday.

## JROTC: Cadets show potential, leadership skills during challenge

CONTINUED FROM B-2

tal, some of the nation’s best future leaders together to display their knowledge of basic military skills. Events included rappelling, swimming and a physical fitness test, among others.

“I expect our cadets to come away with a better understanding of teamwork, the importance of focus, and putting forth your best effort when competing,” said retired Army 1st Sgt. Jim Akuna, St. Louis High School JROTC instructor.

“Our kids are asked to make decisions as leaders. You don’t find that in any classroom or on the athletic field,” he said.

Unlike high school athletics, JROTC programs give both female and male students an opportunity to compete together. Participants implemented the basic principles of no Soldier, airmen, Marine, or sailor left behind.

No cadet is better than the next; and since they all started together, they all must finish together as well. The weekend’s Waianae Adventure Challenge also left an impression on several active duty Soldiers who volunteered to support the event.

“This has been great for developing leader-

ship, teamwork, esprit de corps,” said 1st Lt. David Smith, officer in charge for B Co. 2nd Battalion, 11th Field Artillery Regiment.

“They’re learning to try things that are outside their comfort zone, which is part of life, growth, and development. It’s another aspect that most youth don’t get to experience.”

Staff Sgt. Felix Martinez, 2-11th FAR non-commissioned officer in charge, agreed.

“This has been an opportunity to see our youth in action,” he said. “JROTC has shown that it’s a good stepping stone that will make kids aware of what their potential is; it helps them grow.”

And so the stage was set for an event that JROTC cadets, their family and friends from around the Hawaiian Islands can look forward to every year. For cadet seniors, it’s an event they’ll reflect on for a lifetime.

For high school juniors, the event will close out their high school tenure. However, for JROTC instructors, volunteers, family and friends, the Waianae Adventure Challenge is an event that marks what kind of citizen or future community leaders they’ve mentored.

Rest assured, with these kids, it was a job well done.



# Deputy secretary calls for immediate fix to disability process

**DONNA MILES**  
Army News Service

WASHINGTON — Deputy Defense Secretary Gordon England called for a new policy that moves wounded troops from Iraq and Afghanistan to the front of the line in the disability rating process while system-wide fixes to the disability and health care systems are put in place.

England recommended an immediate measure to speed combat-wounded troops through the DoD disability system and smooth their transition to the Department of Veterans Affairs system. The goal, he said, is “an uninterrupted, seamless continuum of care and support” that ensures nobody falls through the cracks or gets mired down in bureaucratic red tape.

Wounded troops represent about 11 percent of the 25,000 service members being processed through DoD’s disability system. The problem, England told the senators, is that this 11 percent is funneled through the system just as the other 89 percent, many of them career service members preparing to retire.

This “one-size-fits-all rating process” bogs down the processing of combat-wounded troops cases, England said.

Instead, he recommended that DoD expedite its cases to smooth their transition into VA care. Many of the wounded troops’ cases are relatively clear-cut and can be moved through the system quickly, he said.

England acknowledged that this immediate fix is just one step toward improving the way wounded

troops are cared for and, when appropriate, processed through the disability system. He said he’s looking forward to hearing what the many studies, reviews and panels have to say about the matter when they report their findings before the year’s end.

What’s needed, he said, is a broad-based system that ensures combat-wounded troops get the care and treatment they deserve.

“In my judgment, it is time to step back and take a holistic look at the system instead of just applying fixes to the system,” England told the committees. “We need an integrated, systemic solution with the right mechanisms in place ... that makes sense from the Soldier’s perspective.”

That requires thinking about what the best system would look like if it were being built from scratch and

what steps would have to be taken to get it, he said.

England said it also may require looking to other national systems associated with disability determination and compensation: the Social Security Administration’s disability payments, the Department of Labor’s workmen’s compensation program, and the Department of Veterans Affairs and DoD disability systems, among them.

The differences between these complex programs can be confusing to benefit recipients, England said, suggesting the need for a new national approach for compensating disabled workers. “It may be time to cast a wider net and look at this whole area of disability,” he said.

*(Editor’s Note: Donna Miles writes for the American Forces Press Service.)*

# Knowing the signs, symptoms of autism can make all the difference

**DR. JACK SMITH**  
Acting Deputy Assistant Secretary of Defense  
for Clinical and Program Policy  
Tricare Management Activity

In their early years, children go through many phases making it difficult to spot abnormal behavior. However, a significant delay in a child’s development could suggest autism. Parents should be aware of symptoms and signs associated with autism and should seek further evaluation for any behaviors causing concern.

Doctors aren’t sure what causes autism and sadly there is no cure. But, early detection and treatment may change the course of the condition and allow children to function better in many ways, improving both home and school life.

**What is autism?** Autism is a complex developmental disability that usually begins before age 3, but signs of autism may be seen in children as early as 18 months. Children and adults with autism

may have difficulty with social interactions, communication skills and play activities. They may also have unique ways of learning, paying attention and reacting to different sensations.

**Learn the signs.** Signs of autism may vary from person to person. Your child’s doctor should consider further evaluation if you report any of the behaviors listed below. An evaluation would consider autism, among other possible causes.

- If the child...
- Does not babble or coo by 12 months of age.
- Does not gesture (point, wave, grasp, etc.) by 12 months of age.
- Does not say single words by 16 months of age.
- Does not say two-word phrases on his or her own (rather than just repeating what someone says to him or her) by 24 months of age.
- Has any loss of any language or social skill at any age.

According to the Centers for Disease Control and Prevention, other potential signs of autism include the following:

- Doesn’t play “pretend” games, such as “feeding” a doll.
- Doesn’t point at objects to show interest, such as an airplane flying overhead.
- Doesn’t look at objects when another person points at them.
- Has difficulty relating to others or not having interest in other people at all.
- Avoids cuddling and eye contact.
- Appears unaware when people talk to them but respond to other sounds.
- Is interested in people, but doesn’t know how to talk, play or relate to them.
- Repeats or echoes words or phrases, or repeating words or phrases in place of normal language.
- Has trouble expressing needs using words or motions.
- Repeats actions.
- Has difficulty adapting when a routine changes.

- Reacts unusually to the way things smell, taste, look, feel or sound.

April 21-28: National Infant Immunization Week  
[www.cdc.gov/nip/events/niiw/](http://www.cdc.gov/nip/events/niiw/)

**Tricare coverage.** If you’re an active duty service member with a family member diagnosed with autism or another qualifying condition, the current Extended Care Health Option (ECHO) benefit provides wide-ranging services not available under the Tricare Basic benefit, including these:

- Diagnostic procedures to establish a qualifying condition (moderate or severe mental retardation; a serious physical disability; or an extraordinary physical or psychological condition that makes the beneficiary homebound).
- Treatment (medical, rehabilitative, services/supplies) related to the qualify-

- ing condition.
- Durable equipment related to the qualifying condition.
- Assistive technology devices / training for use of devices.
- Vocational training.
- Special education.
- Applied Behavioral Analysis.
- Training of family members to deliver educational/behavioral interventions.
- Institutional care in a residential environment.
- Transportation, including medical attendant.
- Extended home health care.
- Respite care.

**For more information**  
While there is no cure for autism, your doctor may help identify resources in your area that may work for your child. If you have questions about the ECHO program or coverage for your family member, please visit [www.tricare.mil/echo/default.cfm](http://www.tricare.mil/echo/default.cfm).



# Tricare dental offers two programs to brush up oral health

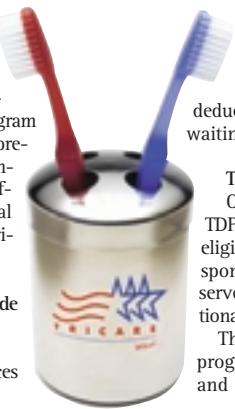
BY JENNA HOLTZ  
TriWest Healthcare Alliance

Don't give oral health the brush-off. Tricare has two dental programs that can keep everyone smiling.

The Tricare Dental Program (TDP) and Tricare Retiree Dental Program (TRDP) are voluntary, premium-based dental benefits programs that offer cost-effective dental services for eligible Tricare beneficiaries.

Dental services include the following:

- Preventive
- Emergency Services
- Diagnostic



- Restorative
- Prosthodontic
- Endodontic
- Periodontic
  - Orthodontic (eligibility requirements and limitations apply)
  - Oral Surgery

Services may require applicable deductibles, maximums, co-payments, waiting periods and limitations.

**Tricare Dental Program (TDP)**  
Offered through United Concordia, TDP is Tricare's dental coverage for all eligible family members of active duty sponsors, as well as the Selected Reserve, Individual Ready Reserve, National Guard and their family members. The TDP is an affordable, portable program that makes it easy to obtain and maintain good oral health. The

cost-effective benefit provides beneficiaries worldwide with comprehensive dental coverage. To be eligible for TDP, sponsors must have at least 12 months remaining on their service commitment at the time of enrollment. Beneficiaries with questions regarding TDP should contact United Concordia, Inc. at [www.tricaredentalprogram.com](http://www.tricaredentalprogram.com), 1-800-866-8499, or send an e-mail inquiry to [conus@ucci.com](mailto:conus@ucci.com).

**Tricare Retiree Dental Program (TRDP)**  
Managed by Delta Dental of California, TRDP offers comprehensive, cost-effective dental coverage for uniformed services retirees and their eligible family members. TRDP offers coverage for many diagnostic and preventive services, such as exams and cleanings. Other treatments, like periodontics, are covered but require

a cost-share.

**TRDP eligible beneficiaries include the following:**

- Members of the uniformed services (including the retired Reserve/Guard) who are entitled to retirement pay, including those age 65 and over.
- Members of the retired Reserve and Guard, including those in the "gray area," who are entitled to retired pay but will not begin receiving it until age 60.
- Current spouses of enrolled members.
- Children of enrolled members, up to age 21 (or to age 23 for full-time students, or older if they become disabled before losing eligibility).
- The surviving spouse who has not remarried and the eligible children of a deceased member who died while

eligible for coverage as described above or a deceased active duty member who died while on active duty for a period of more than 30 days and whose family members are not eligible, or are no longer eligible for dental benefits under the Family Member Dental Plan.

Enrolled members can receive covered treatment anywhere in the United States, the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada.

*For more details on TRDP, contact Delta Dental of California at [www.trdp.org](http://www.trdp.org) or dial toll free 1-888-838-8737.*

TriWest Healthcare Alliance does not manage TDP or TRDP. Beneficiaries should contact United Concordia or Delta Dental of California for assistance.

# New behavioral health site answers deployment-related questions



JERRY HARBEN  
Army Medical Command Public Affairs

What exactly is a Post-Deployment Health Reassessment? Where can I get help for my spouse who is having nightmares about experiences in combat? My buddy said he's thinking about committing suicide, what should I do? Such questions come to the fore when Soldiers must deal with the stress of war. Now there is a new source for quick access to answers. A new Web site — [www.behavioral-health.army.mil](http://www.behavioral-health.army.mil) — provides information for Soldiers, their families and other members of the public. Topics provided include behavioral-

**Clear!** — At left, Pfc. Luis Sanchez (right) and Nathan Braddock clear a "short" room during 66th Engineer Company's urban operations module at Schofield Barracks, March 19. This type training helps prepare Soldiers for the realities of combat.

Still, many return from war suffering from post-traumatic stress disorder: nightmares, flashbacks, difficulty sleeping and feeling detached. The new behavioral health Web site answers many questions about PTSD.

health needs before, during and after deployments; pre- and post-deployment health assessments; post-traumatic stress disorder (PTSD); suicide prevention; Battlemind training; and resources where Soldiers and families can get help. Links and points of contact are provided for additional information. "Although many Web sites have information relevant to behavioral health in general, not many are relevant to Army personnel," said Col. Elspeth C. Ritchie, psychiatry consultant to the Army Surgeon General. "We created a portal where people can find relevant and reliable information about behavioral-health needs specific to the Army." Fifteen to 30 percent of Soldiers returning from Iraq experience PTSD symptoms or other mental-health symptoms, which is not unusual after combat. However, recognizing and treating these symptoms early is key to preventing them from becoming a

On The

WEB

Get answers to deployment-related questions at [www.behaviorhealth.army.mil](http://www.behaviorhealth.army.mil).

disorder, so the site provides needed information. From the site's front page, users can navigate quickly to pages for news on military behavioral-health issues, frequently asked questions, or other sources of information. A page labeled "Get Answers" allows users to submit specific questions to be answered by experts. Other links from the front page lead to pages where information is gathered for groups of people with common interests: Soldiers, couples, children, extended families. National Guard, Army Reserve or behavioral-health providers. Some of the tools can help parents explain deployments to children of various ages. And, Army programs, such as deployment assessments and Battlemind training, can teach Soldiers how to improve resiliency and mitigate stress. "It is for Soldiers and their families – not just the nuclear families, but also members of extended families who may not be military health-care beneficiaries," Ritchie said. He added, specific information for unit commanders will be added to the site, and other additions are being made to adjust to changing needs of Soldiers and their families.





Send community announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

# April

## 20 / Friday

### Hunter Education Courses

— The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, survival and first aid, game care, and more.

The next free, two-day class is today and Saturday. Class runs from 5:45–10 p.m., today, then from 7:45 a.m.–4 p.m., Saturday. They are family-friendly and open to anyone age 10 years and older. Classes are held at the Nimitz Center, second floor, Room A-212A, 1130 N. Nimitz Hwy. (Drive up the ramp, the classroom is the first on the right.) All students are required to provide a picture ID.

### Hike Oahu

— Come join the Hawaiian Trail & Mountain Club on its next hike: a nice trek through the taro terraces of olden days long gone for novice hikers. This good family hike provides a refreshing pool at the lunch site, but bring your mosquito repellant! Call coordinator Steve Brown, 247-8845, for



Tim Hipps | U.S. Army Family and Morale, Welfare and Recreation Command

## Real wrestling

All-Army wrestler 1st Lt. Leigh Jaynes (top) posts a 5-1, 7-2 victory over Erin Tomeo of Sunkist Kids Wrestling Club in the women's 130-pound freestyle finale of the 2007 U.S. National Wrestling Championships, April 6, at Las Vegas Convention Center. Jaynes qualified for the U.S. World Team Trials, scheduled this June 9-10 in Las Vegas.

more details.

Stay tuned for these upcoming hiking and outside adventures:

- April 29, 8 a.m., an 8-miler in Kaipapau Gulch for intermediate hikers.
- May 5, 8 a.m., a 4-miler in Ulupaina for intermediate hikers.
- May 13, 8 a.m., a 5-miler in Kuolani-Waianu for intermediate hikers.

A \$2 donation is requested of non-members 18 and older. Children under 18 must be accompanied by a responsi-

ble adult.

Hikers meet at the Iolani Palace, unless otherwise noted. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://htmlclub.org> for more details.

## 21 / Saturday

### Karate Showcase

— See the Japan International Karate-Ki Center Showcase, Saturday, April 21, from 1:30–2:30 p.m. at the Pearlridge Uptown Center Court.

### Jackpot Rodeo

— The Hawaii Women's Rodeo Association will host a Jackpot Rodeo Saturday, April 21, at the Diamond J Ranch Arena in Waianae. Rodeo action will begin at 10 a.m. with open, 3D and



## 20 / Today

### Blue Star Hike

— Register today for a lovely Manoa Falls hike tomorrow. Enjoy beautiful falls, shade trees, peace and tranquility. Bring comfortable walking shoes, sun block, bug spray, water, lunch and a camera.

Register with the Leisure Activities Of-

fice, 655-0112. Those wishing to support Blue Star Card Holders are also invited to participate.

### Free Exercise Bike

— Enter the Lifetime Sports & Recreation Pursuit to win a brand new Life Fitness Lifecycle Exercise Bike, with a retail value of \$999. This scavenger hunt contest is open to all active duty Soldiers and their family members ages 16 and older. Only one entry per person is allowed.

Enter at the Fort Shafter Physical Fitness Center or the Schofield Barracks Health and Fitness Center. Deadline for entries is May 15.

The drawing will be held during National Fitness Month, next month. The winner must be on island. Call 655-

0111/0112 for more information.

### PT in the Gym

— Kids are invited to join their active duty parent at “PT in the Gym,” a 30-minute Mousercise aerobic routine with Mickey and Friends, followed by a continental breakfast.

Every child participant will receive a “PT in the Park” T-shirt and a pocket radio. Active duty Soldiers will receive a participation voucher.

Come April 24 from 6:30–7:30 a.m., at the Fort Shafter Gym. Call 836-1923.

# Ongoing

### Brazilian Capoeira

— Develop your mind, body and spirit to include physical

fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are held Tuesdays from 5:30–7 p.m. at the Fort Shafter Physical Fitness Center. Call Mestre Kinha at 247-7890.

### Leilehua Golf Course Driving Range

— The driving range at the Leilehua Golf Course is open weekdays until 9:30 p.m. Call 655-4653.

### Water Aerobics

— Come for a new and exciting workout at Richardson Pool. Classes will be held Monday, Wednesday and Friday from 11:30 a.m.–12:30 p.m.; and Tuesday and Thursday from 5–6 p.m. A \$2 fee is charged per class or a punch card is available for \$15.

Water aerobics provides a safe and ef-

keiki barrel racing followed by pole-bending.

Admission and parking are free. Call John Teixeira at 389-9884 or visit the HWRA online at [www.rodeoohu.com](http://www.rodeoohu.com) for more details.

## 28 / Saturday

### K-1 World Grand Prix 2007

— This event comes back to Hawaiian shores April 28 at the Neal S. Blaisdell Arena. Started in 1993, K-1 is now the hottest live contact martial arts sporting event in Japan; it has reinvigorated an interest in the martial arts.

Unlike Super Brawl or other new types of fighting events, K-1 is martial arts based sport that allows contenders from various martial arts disciplines to compete. A key element of K-1's massive success is its unpredictability; a fighter that physically outmatches his opponent can be knocked out with a single kick or punch.

Tickets, available through Ticketmaster, begin at \$40; doors will open at 5 p.m. Call 946-1988 for more details.

# May

## 12 / Saturday

### Keiki Rodeo

— Mark your calendar for the 4th Annual Special Keiki Rodeo & Horsemanship Competition, May 12 at the Waimanalo Polo Field. Activities will get underway at 10 a.m. with classic rodeo events such as Barrel Racing and Pole Riding, plus events tailored to the special needs riders.

Call Dana Vennen, 342-9036, for more details.

fective exercise alternative that improves fitness levels with little stress on the joints. Call 655-1128.

### What's Up Gymnastics

— Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited is partnering with What's Up Gymnastics to offer a military discount program for all upcoming classes.

What's Up Gymnastics provides several classes to choose from, including recreational and competitive classes. What's Up offers the only indoor climbing wall on Oahu.

Classes are provided for all ages, even as early as age 1. Discount cards can be picked up at the Child and Youth Services registration offices. Call 655-9818.